

CODE:541



ONE POINT PER DAY	ONE POINT AT ANY TIME	
Following Whole30	Fridge Clean Out – Take a “before picture” of your refrigerator then clean out old, no longer serving you, temptations and then take an “after picture” and post it to the Facebook group	Get 7-8 hours of sleep
Reaching your water Goal: 8-11 glasses (depends on you)	Pantry Clean Out – Take a “before picture” of your pantry then clean out old, no longer serving you, temptations and then take an “after picture” and post it to the Facebook group	Attend the new yoga/mobility class at 541
Doing a partner check-in	Attend a CrossFit class or any exercise	Try a new food
	Daily movement	
	You try a new activity on your own	
	Reach a fitness goal (able to do a strict pull-up, moved up a weight with dumbbell snatch...)	Post a new recipe you tried with a photo on Facebook page
	You and your partner try a new activity together	Daily 10 min meditative practice <ul style="list-style-type: none"> - App – Insight Timer, 10% Happier... - Music meditation – sit quietly and listening to a calming piece of music. Truly listen to the instruments, voices, beat, rhythm... - Meditative stroll/meander – look at trees, listen to noises, notice smells (5 senses) - Adult Coloring books
	Stop eating 3 hours before bed	

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Point Details and Directions

Rx

There are 3 things you should be doing daily in this challenge: Whole30 compliant, reaching a water goal, check-in with your partner

Rx+

I have also put together a list of other opportunities to hone some lifestyle skills and boost your points over the next 30 days (see table).

Rx++

Five consecutive days of Rx – 3 points

10 consecutive days of Rx - Additional 4 points

Every Friday you will enter your points for the week on the [Point Record](#) (click to go to the sheet) on my website:

www.wnourished.com - click Code:541 tab – click Point Record button

Monday night, February 7th, send points from 5th, 6th, 7th to Beth's email - info@wnourished.com. You will not be able to earn points on the 8th but the challenge is not officially over until the 8th so don't stop early. I will post the last 3 days of points and tally the 1st, 2nd, and 3rd place winners to be announced at the culmination on Feb 8th at the gym (6:45-7:45).